

Day 13: Freedom ~ Healing Wounds

Do you often find yourself having to address the same circumstance over and over? The people may be different, or the exact details altered, but similar emotions are triggered within you. I often say that the only way over the mountain or obstacle is to climb it and overcome it. We can attempt to locate shortcuts to avoid dealing with things, but it will continue to surface until we are freed from it. Why? Because that is how much God loves us. He wants us to be completely free! He wants to use your story to bring hope and healing to others, but this is not possible until you admit you are broken.

The point of today is to help people recognize that there may be an emotional issue lurking deep within that needs healing. Yes, some emotions of fear are realistic; those we take to the Lord, and He strengthens us. But if there is consistent fear, insecurity, shame, or feelings of abandonment, then it is time to be honest with yourself. Instead of 'pushing' through another time of uncomfortableness or pain, how about allowing the Prince of Peace, Jesus, access to the depths of your being? He will shine the light of truth to allow you to see what lurks deep within your core beliefs.

Every aspect of our being needs transformation—our spirits, our souls, and our bodies. Spiritually speaking, we tend to run *toward* God or *away* from Him. There is usually no middle ground during this time. During my time of brokenness, I quit praying, fasting, and doing my daily devotions. This was my initial reaction. The questions I asked increased my anger towards God and the silence only created self-doubt. However, when things went from bad to worse, I knew God was my only answer. The choice to run back to God was the best choice I could have ever made. Did it make the situation go away? No. Did it make the pain stop? Not immediately, but it did change me.

Next, our souls—our mind, will, and emotions—need healing. You may feel numb, in a daze, or on an emotional roller coaster. You may feel confusion as to how something happened, such as if your wife had an affair. You may be blaming yourself if you caused a car accident, or you may be blaming someone else if they harmed your child. There may be no answers to your questions if a loved one contracted COVID-19 or was diagnosed with cancer. In most cases, a person's ability to function is limited in some way. Mentally, you may continue to replay the situation over and over in your thoughts. Emotionally, you may feel overwhelmed and unable to work. Your desire to accomplish other tasks diminishes, and all you can do is sit around.

*The above is an excerpt from my book *Transformed: Live God's Best*

Day 13 Worksheet

Inner healing is vital to live in freedom. Each person has experienced a situation that can create a wound. Grief, trauma, bullying, divorce, medical illness, rejection, abandonment, and a number of other circumstances can cause an area where the enemy enters with a lie and we feel vulnerable. Are you willing to allow the Lord to search you? Why or why not?

Sit before the Lord and ask Him to reveal if there is any place in your heart that is wounded. You might immediately know and are not surprised but there are some of you that are taken back by what the Lord revealed. Write what the Lord said to you.

Ask the Lord to reveal the pain at the source and heal it. Then ask Him to speak truth to the lie you believe. What lie is at the root of your woundedness?

Ask the Lord to reveal where Jesus was in the situation. Was He in the corner, behind you, etc.? Write what is revealed. If nothing comes, that's okay. Keep praying and pressing until He heals you. He is the God who heals.

For more information, I encourage you to obtain my book **TRANSFORMED: LIVE GOD'S BEST** to dive deeper into inner healing if needed. Write two action steps you can do today to walk in wholeness or towards wholeness.
